

Welcome:

Welcome to Sport and Exercise Science! We are pleased that you have selected The Sixth Form Bolton to pursue this exciting course, and we are eager to assist and guide you throughout this learning experience. We are committed to providing you with a high-quality education and ensuring that you have all the support you need to succeed in this field.

Equipment List

In order to be a successful Sports and Exercise Science student, you will need the following:

- A pencil case which includes (as a minimum) more than 1 black pen, pencils, a rubber, a pencil sharpener, a glue stick, a ruler and some highlighter pens. A clear pencil case is necessary for exams but you don't have to have a clear one in class.
- An A4 lined book
- An A4 ring binder with dividers

Careers, Enrichment & Work Experience

During the two-year programme, students will have the opportunity to benefit from a diverse range of guest speakers from the sports industry. They will also have access to a variety of academy sports in football, cricket, and the performance pathway, as well as numerous enrichment opportunities such as the option to play in AOC sports competitions representing college to gaining Gym Instructor qualifications. Additionally, students will be able to participate in a work experience week that will provide valuable links to the sports industry and develop their soft skills. Furthermore, the college will also offer a selection of placements within the sporting sector students will be encouraged to find their own placements if they have a specific job role in mind.

Other information

You should bring appropriate sportswear during your studies as you will be required to undertake practical activity within sports hall and fitness suite. A Gym Induction in the Fitness Suite will take place in the first two weeks of the course.